

## Sample session plan for one session

<b>Aim:</b> In this session we will learn how to grip the javelin correctly.
<b>Objectives:</b> By the end of this session you will be able to: <ul style="list-style-type: none"> <li>(1) Grip the javelin correctly</li> <li>(2) Stand holding the javelin correctly</li> <li>(3) Walk in a safe manner holding the javelin</li> <li>(4) Learn how to care for the javelin</li> </ul>
<b>Details:</b> Session 1 will be held on Tuesday, 24 <sup>th</sup> August at 3.30 PM at the Reserve.
<b>Warm up:</b> Prior to the session, please ensure that you have run one slow lap of the oval, conducted stretching exercises for 5 minutes, and massaged your legs for 2 minutes each.
<b>Details for the session:</b> (for example) <p><b>Grip</b></p> <ul style="list-style-type: none"> <li>- The javelin lies along the palm of the hand.</li> <li>- The palm should always be turned upwards.</li> <li>- The javelin should feel comfortable and secure in hand.</li> </ul> <p><i>Three ways of holding the javelin:</i></p> <ol style="list-style-type: none"> <li>1. Gripping the cord between the thumb and index finger (American Style)</li> <li>2. Gripping the cord between the thumb and middle finger (Finnish Style). The index finger can either be pointed towards the tail of the javelin or wrapped around the javelin.</li> <li>3. Gripping the cord between the index and middle finger (Fork Style).</li> </ol> <p><b>Learning to "Pull Over the Top"</b></p> <p>Seated throw with javelin or weighted ball:</p> <p>Using a stool, chair or box the athlete sits down placing both feet firmly on the ground. The back should remain straight. With the javelin or ball in the throwing hand, the athlete draws the throwing arm straight back. The non throwing arm should be extended towards the direction of the throw and the shoulders should turn back approximately 90 degrees so that the athlete is in a comfortable position. The throwing hand should be slightly above the throwing shoulder. From this position, the athlete throws the ball or javelin. Emphasis should be on "pulling over the top" as the throwing elbow comes through at a level that is higher than the throwing shoulder. The ball or javelin should be released at a point above the head. The non throwing hand should be allowed to come towards the non throwing shoulder, but be careful not to "pull" too aggressively with the non throwing arm because it will cause over rotation of the shoulders causing the throwing arm to drop and the implement to be thrown with a sidearm delivery.</p> <p><b>Needs of participants:</b></p> <p>As participants are young, additional time will be given to the grip, and participants will first use the seated throw method using a weighted ball before progressing to a real javelin.</p>

**Safety standards:**

For the first two sessions, participants are not to walk around with the javelins; participants are not allowed to throw the javelin for the first two sessions; any participant who does not follow these guidelines will be banned from further sessions. If the whistle is blown twice in succession loudly, participants are to stop what they are doing, place the javelin down on the ground in front of their feet, and turn and face me.

**Clothing:**

All participants must wear shoes with spikes; all long hair must be drawn back into a pony tail, all jewellery must be removed prior to the start of the session..

**Cool down:**

At the end of the session, participants should jog half a lap, walk the remaining half of the lap, and then do some light stretching for 2 minutes.

**LEARNING ACTIVITY 182**

In order to be assessed as competent for this unit, you will be required to deliver a minimum of 5 sessions to at least 2 participants in your chosen athletics area.

We suggest that you start planning the sessions now.

You will be required to provide session plans prior to conducting the sessions, and once the sessions have been completed, you will also need to participate in a review of the sessions.

So start planning!!